



Murfreesboro City School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Murfreesboro City School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Murfreesboro City School System that includes:

- School Health Advisory Committee
- Eleven Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$304,144.00 during the 2010-2011 school year alone.

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Action for Healthy Kids | ➤ Middle Tennessee State University |
| ➤ American Red Cross | ➤ Murfreesboro Parks and Recreation |
| ➤ American Heart Association | ➤ Patterson Park Coalition |
| ➤ Blue Cross/Blue Shield of Tennessee | ➤ Rural Health Association of Tennessee |
| ➤ Center for Physical Activity and Health in Youth (CPAHY) | ➤ Rutherford County Health Department |
| ➤ Christy-Houston Foundation | ➤ Rutherford County EMS |
| ➤ Community Anti-Drug Coalition of Rutherford County (CADCOR) | ➤ Rutherford County Primary Care and Hope Clinic |
| ➤ Discovery Center at Murfree Springs | ➤ Rutherford Wellness Council |
| ➤ Exchange Club Family Center | ➤ TNCEP Coalition |
| ➤ Franklin Heights Coalition | ➤ TENNderCARE |
| ➤ General Mills Foundation | ➤ Tennessee Association of School Nurses |
| ➤ GetFitTN | ➤ Tennessee Association for Health, Physical Education, Recreation, and Dance |
| ➤ MCS School Nutrition Association | ➤ The Guidance Center |
| ➤ Middle Tennessee Medical Center | ➤ The Lion's Club |
| | ➤ The Little Clinic |
| | ➤ UT-Extension |
| | ➤ Well Child, Inc. |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as Old Fort Block Party, Blast Back to School, Healthy Me, Healthy You, MNE/MNP Parent Night, BAM! Body and Mind Get Fit Kids, CPR Anytime training, health fairs at Franklin Heights and Oakland Court housing developments, and School Health Report Card mailings with educational resources for families. Currently, 4,500 parents are collaborating with CSH.

Students have been engaged in CSH activities such as BAM! Body and Mind Get Fit Kids and CPR Anytime training. Approximately 1818 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the Murfreesboro City School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 3,363 students were screened for hearing, vision, height, weight, and blood pressure that was reported to families through the School Health Report Cards during the 2010-2011 school year;

15,964 students were seen by a school nurse and 14,675 returned to class during the 2010-2011 school year;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Preliminary data shows that the healthy weight students have increased from 60% to 61% from the 2008-2009 school year to 2011-2012 school year;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include fitness stations, walking tracks/trails, curriculum, climbing walls, physical activity equipment, playground equipment, and hospital grade health screening equipment;

Professional development has been provided to counselors, physical education teachers, and nurses. Physical education teachers were provided professional development in orienteering, disc golf, tai chi, TAHPERD state conference, and brain breaks integration/training to support academics. School counselors attended the Tennessee School Counselor Association state conference and the Tennessee School Counselors and Administrators Leadership Institute. School nurses attended the TASN conference and an American Heart Association BLS Instructor course;

School faculty and staff have received support for their own well being through MCS Fit for Success and Site-Based Staff Vaccinations.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model integration into ESP and BAM (Body and Mind) Get Fit Kids program;
- Physical Education/Physical Activity Interventions – additions of physical activity equipment, walking tracks/trails, pedometer-based walking programs, professional development for physical educators, and the BAM (Body and Mind) Get Fit Kids program;
- Nutrition Interventions – Fresh Fruit and Vegetable Program grants, Nutrition Nuggets newsletters, and the BAM (Body and Mind) Get Fit Kids program;
- Mental Health/Behavioral Health Interventions – Olweus Bullying Prevention Program and the Mobile Health Unit providing behavioral health services for students, staff, and families.

The Mobile Health Unit has provided services for over 1,000 students, staff, and family members across the county. The Health Department has provided a dental transport program that provides comprehensive dental services to children.

In such a short time, CSH in the Murfreesboro City School System has made significant contributions to the well being of our students and staff, which in turn have addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Meri-Leigh Smith
615-893-2313